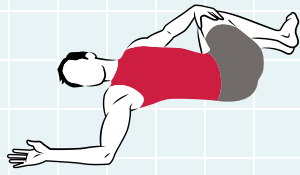




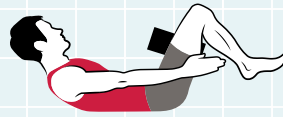
**JASON CRANDELL**

YOGA METHOD

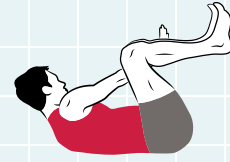
Power + Precision + Mindfulness



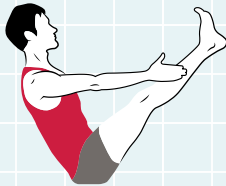
1 JATHARA PARIVARTANASANA



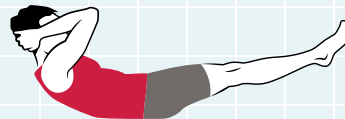
2 CORE CONNECTOR



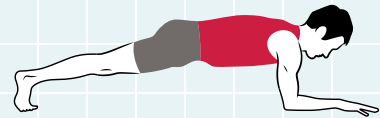
3 RECLINED SIDE CROW



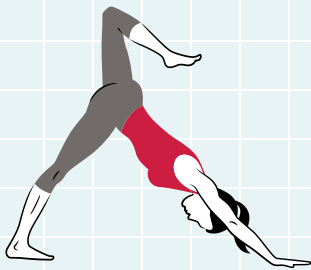
4 PARIPURNA NAVASANA



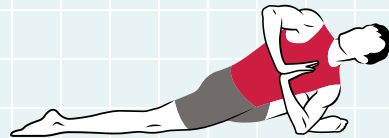
5 ARDHA NAVASANA



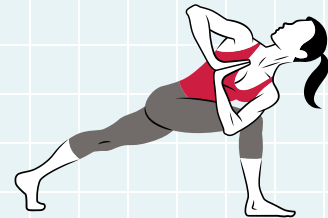
6 FOREARM PLANK



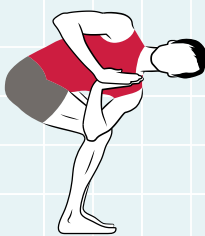
7 THREE LEGGED DOWN DOG



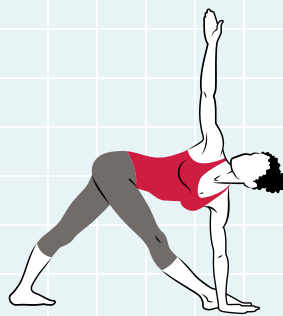
8 TWISTED PIGEON



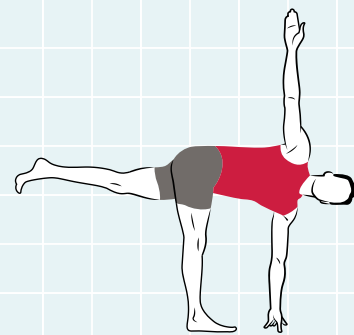
9 HIGH LUNGE PRAYER TWIST



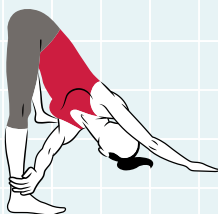
10 PARIVRTTA UTKATASANA



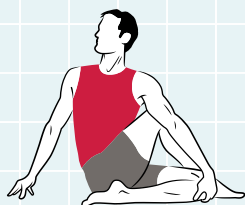
11 PARIVRTTA TRIKONASANA



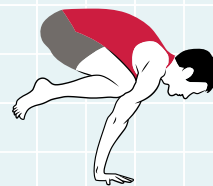
12 PARIVRTTA ARDHA CHANDRASANA



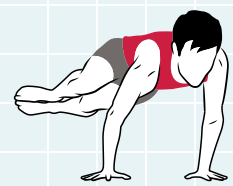
13 TWISTED PRASARITA PADOTTANASANA



14 ARDHA MATSEYANDRASANA



15 BAKASANA



16 PARSVA BAKASANA